

**Neath Port Talbot
Child Care Disability Team
Short Break Statement**

February 2021

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WHAT IS A SHORT BREAK STATEMENT?

This short break statement is provided for families living in the Neath Port Talbot area who have a disabled child aged between 0-18 years old. This statement provides a range of information so that families know what short breaks are available in the Neath Port Talbot area, any criteria by which eligibility may apply and how the range of local services are designed to meet the needs of families.

WHAT IS A SHORT BREAK?

Many parents and carers might have heard of the term short break or respite. These two terms are often used, but can mean the same thing. Short breaks allow parents and carers to have a break from their caring responsibilities.

As well as short breaks providing a break from caring for parents, they also give disabled children opportunities to enjoy social and leisure activities, have fun, socialise and make friends. Short breaks may also help the child and young person to develop a range of independence skills out of the family home.

Recognising the wide range of needs of disabled children and their families, there are three levels of short break services:

Tier 1: Universal

Universal short break services are available to all children and young people; no social work assessment is required. Referrals can be made directly by a parent to the service (self-referral). Examples include after school clubs, sports clubs, cadets and play schemes.

Tier 2: Targeted

Targeted short break services are for children and families who require support to access universal services, preventative services or more intensive levels of support. A social work assessment may be required to access some of these services. Examples include the disability sport scheme and play schemes operating from community organisations, leisure centres and specialist centres. Normally, staff delivering these targeted short break services have received specific training to support disabled children and young people.

Tier 3: Specialist

Specialist short break services are community based services who provide specialist support for disabled children and young people. A social work assessment is required to access this support. Examples include specialist play schemes, services offering specialist group or individual activities, overnight short breaks and direct payments.

Tier 4: Intensive Specialist

Intensive specialist short break services are for disabled children and young people who are living away from home, either in hospital, children's residential homes, foster care or custody. A social worker or consultant medical practitioner (i.e. psychiatrist) is required to access this support. Examples include specialist psychiatric unit, children's residential home and foster care provision.

WHAT SHORT BREAKS ARE AVAILABLE IN NEATH PORT TALBOT?

There are a number of different types of short breaks available locally. Below is a table of the range of local short break services and advice on how to access these services.

Type Of Service	Example Of Service	Access To Service
School Holiday Play Schemes	Mainstream play schemes which are available to all children.	Families can make their own referral to these play schemes.
	Specialist play schemes which run through the school holidays and are specifically designed for disabled children.	You need a social worker to access some specialist play schemes. An assessment may be required to identify if you or your child needs any support.
Evening and Weekend Play/ Activity Clubs	Local activity club where they have a variety of activities provided.	Families can contact these clubs directly. Information about local activities is also available on the Family Information website.
	Specialist play and activity clubs which are specifically designed for disabled children.	You need a social worker to access some specialist play and activity clubs. An assessment may be required to identify if you or your child needs any support.
Sports Clubs	Mainstream sports clubs which are available to all children.	Families can contact these clubs directly.
	Neath Port Talbot have a disability sports co-coordinator who runs a variety of sports clubs for disabled children in the local area. They also can advise on support for disabled children to access mainstream clubs.	Families can contact these clubs directly
Overnight Short Breaks	Park House is an overnight short break facility which offers overnight support to disabled children.	You need a social worker to access overnight short breaks. An assessment will be required to identify if you or your child needs any support.

Type Of Service	Example Of Service	Access To Service
	Family Link is an overnight short breaks service which offers overnight support to disabled children within an approved Family Link Carer's home.	<p>You need a social worker to access overnight short breaks.</p> <p>An assessment will be required to identify if you or your child needs any support.</p>
Direct Payments	A direct payment can be used to employ a personal assistant by a parent and the parent becomes the employer.	<p>You need a social worker to access direct payments.</p> <p>An assessment will be required to identify if you or your child needs any support.</p> <p>If a need is identified, you have the option of choosing to receive direct payments to meet that need and become an employer.</p>
Individual And Group Support	We can commission services from local and national providers where children can be taken out on a one to one basis or attend a group activity dependent on their needs.	<p>You need a social worker to access this support.</p> <p>An assessment will be required to identify if you or your child needs any support.</p>

CRITERIA FOR CHILD CARE DISABILITY TEAM

For some short breaks to be accessed, a completed 'Children and Young Person's assessment' is required by the Child Care Disability Team. To be eligible for an assessment, the below criteria applies:

Children and young people from birth to eighteen years if they are physically or sensory impaired, or have learning disabilities and:

- If their disability means they have significantly greater difficulty with physical, intellectual, social, emotional or educational development than the majority of children of the same age.
- If these difficulties are such that the child requires social work assessment/care planning by the Child Care Disability Team to:-
 - a) Make effective use of the facilities of a kind generally available for children of the same age.
 - b) Promote every day functioning at home and in the community.
 - c) Access specialist inter-agency help to maximise physical, social, emotional and educational progress.

Physical Disability

- Difficulties with all basic functions of such severity that one-to-one assistance is called for all care needs.
- Physical difficulty or chronic illness resulting in long-term impairment of health or development, even with the provision of drugs, diet or aids.

Learning Disability

- Requiring constant supervision and dependent on others even for basic day-to-day care needs. Broadly based on measured levels of social functioning and social history.
- A permanent learning impairment sufficient to prevent the child/young person from fulfilling roles/activities which are generally understood to be within the capacity of children of that age, social and cultural background.

Visual Impairment

- Blind, no useful vision, partially sighted, visual difficulties sufficient to impair every day activities and/or development despite the use of aids.

Hearing Impairment

- Little or no hearing. Hearing difficulties even with hearing aids. Has, or is likely to have, persistent difficulty with language and communication sufficient to impair development.

Autistic Spectrum Disorder

- Autism Spectrum Disorder (ASD), which is a development disorder that affects communication and behaviour. Autism can be diagnosed at any age.

PARENTS AND YOUNG PEOPLE'S VIEWS

How will short breaks be reviewed in Neath Port Talbot?

It is important that short breaks meet the needs of parents and children and young people in our local area.

We constantly review our services by holding reviews when children and young people access short breaks following an assessment. We also undertake annual consultation with children, young people, families and various stakeholders to review the quality and range of short break services in Neath Port Talbot.

It is important that we gain a wide range of views and feedback which is used to shape the short breaks offering in Neath Port Talbot.

Parents have told us that they find short breaks very supportive as it gives them a rest from their caring role.

Feedback we have had from children and young people tells us that they enjoy spending time with friends and taking part in events and activities.

CONTACT DETAILS

How do I find out more information about getting a short break?

We will need some information about your circumstances. We can meet with you and talk about your situation and what type of support you think you, your children and your family need.

To find out more contact the Child Care Disability Team

Child Care Disability Team
Neath Civic Centre
Neath
SA11 3QZ
Telephone: 01639 685862
Email: disabilityadmin@neath-porttalbot.gov.uk